

Get results with your own personal coach!



Successful people such as athletes and actors use coaches to help them reach their goals. And now so can you!

Whether you want to fit into your skinny jeans, play with your kids without getting winded or boost your confidence and get healthier - enrolling with your own personal health coach can make it happen!

Remember, no goal is too small or too big! If you've been thinking about making changes to look and feel better or if you've already started, our coaches will give you the tools, motivation and support to stick with it and reach your goals.

Call us today!

Participation is confidential. This program is administered by our wellness vendor, Alere. All HIPAA laws are strictly followed. No participant information is shared with the State Employee Health Plan.

Your personal coach can help you:

- Lose weight
- Be more active
- Ease stress
- Eat healthier foods
- Gain energy

Here's what you get when you enroll:

- Unlimited access to your very own personal health coach
- An individualized action plan to help you reach your goals
- The flexibility to work with your coach by phone, secure email or online chat
- A program workbook to help keep you on track

Who is Eligible for FREE Health Coaching?

- Benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan
- Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan

**Enrolling with your own health coach
is free and takes just 5 minutes.**

Call **1-888-275-1205** (option 4)
www.KansasHealthQuest.com

